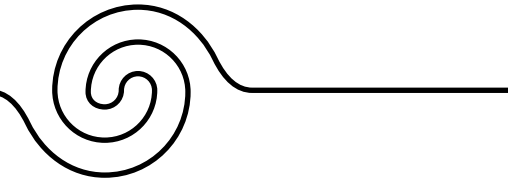
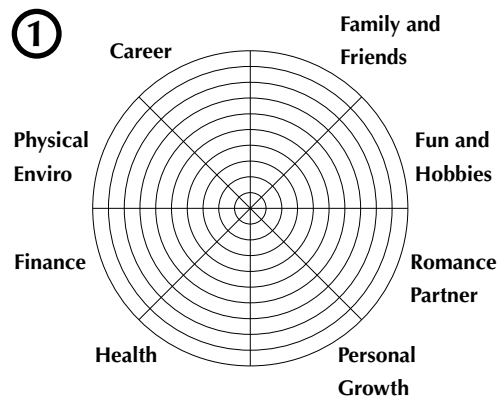


Living Life on Purpose™



Part 1: Living the life you love



② What is your primary hope or concern that you would like to address or change?

③ **Motivations:**
How Are You Wired Up?

Meta motivation?

- Avoidance of pain.
- Pursuit of pleasure.

Motivational drive?

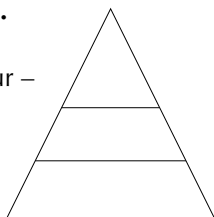
- Comparison.
- Process.
- Product.
- Effect.
- Power.

④ **Barriers.** What is in the way of your dreams? What stands in your way?

I shouldn't _____
What is 'it'? _____
I'm too _____ to do that.

⑤ **Belief change.**

Behaviour –
Belief –
Being –



1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
4. _____
5. _____

⑥ **Goals, aims, action plans.**

Goal Description:

Definition of destination:

End date:

The difference this will make:

Support for this goal:

Reward for achievement:

Out of ten rate:

- How attractive this goal is -
- How challenging this goal is -
- Your confidence in reaching your goal -
- Your overall commitment to this goal -

⑦ **Positive mental attitude: You are always right.**

PMA = language should be 'am, can, do, will'.

High morale = focus on what can and will happen not on the problem.

High self-esteem = emotions develops gradually with praise and pervasive celebration.

Height self-confidence = based on experience.

Affirmation:

⑧ **Disputing negatives.**

Adversity:

Belief:

Consequences:

Disputation:

Energization:

⑨ **Change.**

Ambivalence.

Secrets.

Writing.

Five goes.

Focus.

Harmony.

⑩ **Key action:**